

Free Range Eggs

Poached or Scrambled served on your choice of toasted bread
\$10.50

Eggs Benedict

Poached eggs served on your choice of toasted bread drizzled with Sanctuary's hollandaise sauce, with a choice of:
Wilted spinach \$14.50
Champagne Ham \$16
Smoked Salmon \$18

Sanctuary Baked Beans on Toast

Our own house made baked beans topped with Bulgarian Fetta and fresh herbs on your choice of toast
\$14.50

Sanctuary Veggie Breakfast

Poached or scrambled eggs, slow roasted herb tomatoes and mushrooms, wilted spinach, avocado, Sanctuary baked beans and your choice of toasted bread
\$18

Avocado Toast

Local avocado on your choice of toast with sliced tomato and fresh basil
\$10.50

French style croissant or toast of your choice

With Jam and butter \$6.50
Fresh tomato with melted cheese \$10.00
Champagne ham, fresh tomato melted cheese \$12.00
Smoked salmon and sanctuary's dill mayonnaise \$14.50



BREAKFAST MENU

We serve fresh coffee all day and have a large selection of teas to suit all tastes

We also make fresh Juices and smoothies, please see our juice menu for ideas

Choices of bread Ciabatta, Wholemeal or Rye

Gluten free– \$1 extra
Almond and Chia Bread or Seeded Wholegrain

Extras

Smoked Salmon \$4
Avocado, Slow Roasted Tomatoes, Roasted Herb Mushrooms, Champagne Ham, Homemade Baked Beans, Wilted Spinach \$3

Sanctuary Muesli

Sanctuary's house made muesli filled with treasures and served with sliced banana, milk, yoghurt and honey
\$9.50

Homemade Gluten free Muesli- \$1 extra

Best of Both Worlds

Our Homemade muesli topped with fresh fruit salad, Yoghurt, milk and honey
\$10.50

Fresh Fruit Salad with Yoghurt

Mixed seasonal fruits (organic where available)
\$10.50

Spiced Porridge

Cinnamon spiced porridge topped with sliced banana and honey
Or mixed berries and yoghurt and sprinkled with mixed seeds
\$10.50

Homemade Banana, Pecan and Rye Bread

Made with our own home grown organic bananas and served warm with a side of yoghurt and a dollop of honey
\$8

Gluten free- \$1 extra

Pain Au Chocolat

Chocolate filled croissant mmmmm.....
\$6.50

Homemade Soup

Vegetarian soup served with crusty bread
\$10.50

Trio of Dips

A selection of house made dips served with crusty bread
\$10.50

Smoked Salmon and Tasmanian Brie

Served on homemade rye bread toasted, with
Sanctuary Dill mayonnaise and snow pea sprouts
\$14.50

Toasted Homemade Panini Melts

Honey roasted pumpkin, homemade red onion jam,
fetta and rocket
\$12.50

Roasted vegetables, fresh basil pesto,
Spinach and brie
\$12.50

Mexican Beans with tomato, corn and capsicum with
sour cream, avocado and tasty cheese
\$12.50

Grilled chicken, homemade chilli jam,
Tasmanian brie and rocket
\$14.50

Pepperoni, sun blushed tomatoes, olives,
baby spinach, pesto and mozzarella
\$14.50



LUNCH MENU

We serve fresh coffee all
day and have a large
selection of teas to
suit all tastes

We also make fresh Juices
and smoothies, please see
our juice menu for ideas

Or.....

if you would like to
enjoy something a little
stronger, please refer to
our drinks menu
and wine list

Salad or Wrap

Choose either a freshly made salad or wrap
(can be made to take away)
\$16.50

Falafel

Homemade falafel with a funky
mixed salad, hummus and natural yoghurt

Sanctuary Salad

Sun blushed tomatoes, herb roasted mushrooms,
roasted capsicum, kalamata olives, roasted nuts and seeds,
salad greens, with a balsamic dressing

Superfood

Carrot, beetroot, alfalfa, broccoli, avocado, quinoa,
baby spinach, nuts and seeds including chia,
fresh herbs and a tahini dressing

Indian Chicken

A funky mixed salad topped with tender chicken breast
and drizzled with an aromatic Indian dressing with
sultanas and pappadums

Smoked Salmon and Avocado

With salad greens, cucumber, alfalfa, capers,
Sanctuary dill mayonnaise and lemon

Gluten free bread available-
Almond and chia seed or
Seeded wholegrain
\$1 extra



DINNER MENU (changes daily)

ENTREE

Ciabatta Bread

Crusty Italian bread with either garlic and herb butter or pesto and parmesan
\$6.50

Soup of the day

Vegetarian soup served with crusty bread
\$10.50

Trio Of Dips

A selection of house made dips served with crispy Italian bread
\$10.50

Super Succulent Smoked Salmon Salad

Smoke salmon rosettes on salad greens with traditional accompaniments and our own dill mayonnaise
\$14.50

Sanctuary's Wonderful House Salad

Semi-dried tomatoes, marinated mushrooms, feta cheese, roasted capsicum, kalamata olives, pine nuts, salad greens dressed with a balsamic and red wine vinegar dressing
\$12.50/\$18.50 Main course size

MAIN COURSE

Highland fillet steak

Baked with a Dijon mustard crust, cooked to your liking and served with roasted garlic mash, roasted vegetable and red wine jus
\$34.50

Thai Coconut Crusted Barramundi

Wild caught Barramundi with a coconut, sesame seed and coriander crust served on a bed of steamed Jasmine rice, lightly sautéed Asian vegetables and a chilli kaffir lime sauce.
\$31.00

Vodka and Lime Chicken

Tender chicken breast pocketed with brie cheese napped with a vodka & lime beurre blanc on a bed of wilted spinach and sweet potato mash
\$27.50

Tofu Pockets

Tofu wedges marinated in soy and ginger, stuffed with pumpkin, sweet potato and nuts served with an avocado salad and a mirin and sweet chilli glaze
\$25.50

Indian lentil cakes

Indian spiced lentil and vegetable cakes served with steamed vegetable greens yoghurt raita and mango chutney
\$22.50

Fettucine con Scarola

Fresh pasta tossed with artichokes, semi dried tomatoes, Kalamata olives, Bulgarian fetta and spinach, finished with freshly shaved parmesan
\$20.50



JUICES & SMOOTHIES

Sunriser

seasonal fruits
blended with fresh
orange juice,
\$7.00

Heaven

fresh orange juice
Blended with
local mango
\$7.50

Green Goddess

kale, cucumber, lime,
avocado, apple
and spirulina
\$10.00

Tropic dream

mango, passionfruit,
coconut, pineapple
and banana
\$7.50

Banana Smoothie

banana, yoghurt,
milk, cinnamon
and honey
\$7.50

Energy Shake

fresh orange juice
muesli, banana,
yoghurt and honey
\$7.50

Happy Date

peanut butter,
dates, banana
and rice milk
\$7.50

Mango Lassie

mango, yoghurt,
milk and honey
\$7.50

Blueberry bliss

blueberries,
banana, and
apple juice
\$7.50

Extras: Spiulina, chia seeds \$2.00

-Fresh orange or apple juice	\$6.00
-Orange, carrot and ginger	\$7.00
-Carrot, apple and beetroot	\$7.00
-Carrot, celery, tomato, kale and parsley	\$7.50
-Pineapple, orange, lime, ginger, honey	\$7.50
-Orange, cranberry and cinnamon	\$7.50
-Pineapple, apple and mint	\$7.50
-Watermelon and mint	\$7.50

Or design your own juice from the choices above



DRINKS

Victoria Bitter (Vic)	\$5.50
Cascade Premium Light (Tasmania)	\$5.50
Carlton Cold (NSW)	\$5.75
Cascade Pure (Tasmania)	\$7.00
Crown Lager (NSW)	\$7.50
Beez Neez Honey Wheat Beer (WA)	\$7.50
Coopers Pale Ale (SA)	\$7.50
James Squire Amber Ale (NSW)	\$7.50
James Boags Premium (Tasmania)	\$7.50
Bitburger (Germany)	\$7.50
Corona Extra (Mexico)	\$7.50
Chang Beer (Thailand)	\$7.50
Peroni Nastro Azzurro (Italy)	\$7.50
Heineken (Holland)	\$7.50
Strongbow Cider	\$7.00
Spirits	\$7.00
Port	\$7.50
Liqueurs	\$7.50
Ginger Beer	\$4.50
Soft Drinks	\$3.00
Coconut Water	\$4.00
Still Water (small)	\$3.00
Still Water (large)	\$4.00
San Pellegrino Sparkling	\$5.50
San Pellegrino Limonata	\$4.00



WINE

White

	Bottle	Glass
Amiri Sauvignon blanc- <i>Marlborough NZ</i>	\$22	\$6
Peter Lehmann Riesling- <i>SA</i>	\$24	\$7
Tyrrell's Semillon- <i>Hunter Valley NSW</i>	\$28	\$8
Windy Peak Pinot Grigio- <i>King Valley VIC</i>	\$32	\$9
Devils Lair Fifth Leg Chardonnay- <i>WA</i>	\$34	\$9.50

Rosè

Yalumba Sangiovese Rosè- <i>SA</i>	\$28	\$8
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Red

Banrock Station Cabernet Shiraz- <i>SA</i>	\$22	\$6
Mcguigan Black Label Cabernet Merlot- <i>NSW</i>	\$24	\$7
Rosemount Estate Shiraz- <i>SA</i>	\$29	\$8.50
Wolfblass Yellow Label Cab Sauv- <i>Barrossa Valley SA</i>	\$34	\$9.50
Ninth Island Pinot Noir- <i>TAS</i>	\$46	-
Penfolds Bin 28 Kalimna Shiraz- <i>SA</i>	\$51	-
Wyndham Estate Bin 555 Shiraz 1998- <i>NSW</i>	\$165	-

Champagne (Sparkling wine really)

Yellowglen Yellow- <i>SA</i>	\$26.50	
Yellowglen Pinot Noir Chardonnay- <i>SA</i>	\$32	